



## *Gesstwood Camp Facilities*

- ▣ Rustic (unheated) cabins, each accommodating maximum 10 persons- have camp beds with mattresses.
- ▣ Lodge- spacious hall
- ▣ Acres of peace and serenity with wooded trails- yours to enjoy
- ▣ Showers and flush toilets (centralized)
- ▣ No alcohol                      No smoking inside any facility



# *Women's Country Weekend*

September 17 ,18 ,19 2010

6:00 p.m. Friday to 11 a.m. Sunday



*"One of my favourite times of year- peaceful, loving,  
nurturing".*

*"How wonderful- connecting with old and new women  
friends" -last year's participants*

**Gesstwood Retreat & Camp Centre  
1034 Mole Sideroad  
Essex**

## Women's Country Weekend

Enjoy a relaxing, fun, out-of-doors getaway with friends and recharge yourself with exercise, delicious meals (NEW cook- Erin Bechard) and excellent guest speakers.

Spa services are available for an additional, reasonable fee.

**\*\*NEW\*\*** A hot tub will be on site for rental- \$5 per 25 min per person- sign up sheet at the camp on arrival- proceeds to Dragon Boats.( accommodates 4-6 women)

**Your registration fee includes:** Speakers, four full meals, snacks and lodging. During your free time various activities will be offered at no charge i.e, yoga and Zoomba

What to bring: sleeping bag/bedding, toiletries, flashlight, swimsuit exercise mat, bottled water if you prefer, lawn chair & bug spray.

**Cabin Themes** are encouraged: talk to your fellow campers and decorate your cabin, be creative!

### **How to Register:**

**By Mail:** Please use the form in this brochure. Use a separate form for each person (copy the form for additional registrants). Please print or type all information.

**Register early- space is limited. Post-dated cheques dated Sept. 1<sup>st</sup> are acceptable.**

### **Refund Policy:**

Registration fees will be refunded up to August 19, 2010. NO refunds thereafter.

### **Questions:**

If you have any questions or require further information, please call:

Mary Webb at 776-8839 or [mdwebb@mnsi.net](mailto:mdwebb@mnsi.net)

Deb Mineau at 776-7413 or [deeber4ever@hotmail.com](mailto:deeber4ever@hotmail.com)

Liz Semperger at [lizard@mnsi.net](mailto:lizard@mnsi.net)

**All activities are optional**

## **ITINERARY**

### **Friday, September 17**

- 6:00-7:30 Check-in  
8:00-9:30 Welcome & "Getting to Know You"  
Speaker T.B.A.  
9:30 Snack and campfire

### **Saturday, September 18**

- 7:45-8:45 Zoomba (beginner level)  
8:45-9:30 Breakfast  
9:30-11:00 Speaker- Win Harwood  
***"Are Your Emotions Running Your Life?"***  
11:15-12:15 Free time  
12:30-1:30 Lunch  
1:45-3:00 Craft - birdhouse with Linda Ronald  
(Additional fee- see registration form)  
3:00-4:00 Yoga  
4:00-6:30 High Ropes Course – challenge yourself  
(Additional fee- see registration form)  
7:00- 9:30 Dinner and Murder Mystery (MJM Productions)  
The Murder Mystery is mafia themed- so dress the part if you wish.  
10:00 Snack & Euchre tournament

### **Sunday, September 19**

- 9:00- 9:45 Breakfast  
9:45- 11:00 Meditation and Closing